

ACT UP NY

PRESENTS:

COVID-SAFER

PRIDE
GUIDE



COVID-19 is
still a threat.

Because the virus is
AIRBORNE and travels like
smoke, risk is higher when
more people are together
in an enclosed space.

At least 1 in 10 COVID
infections lead to new,
long-term health problems,
AKA Post-COVID conditions
or Long COVID.

Even if you're vaxxed, "young
and healthy" each infection is
a Russian roulette with worse
odds than the last one.

Don't Despair!

You can GREATLY
reduce your risk of
getting COVID—and thus
your risk of infecting others
or getting Long COVID—with
a few simple measures!

Protect your
ability to party
— and protest —
this Pride!

Mask up!

Look for masks with N95 or better

filtration. They have an electrostatic charge to capture teeny particles, unlike cloth or surgical masks.

You can find N95s at hardware stores. They reduce the risk of catching COVID by 83%.
(per a 2022 MMWR report)

Check for air leaks

Great filtration is useless if the air is going around, not through. Masks with head straps usually provide a better seal than ones with ear loops.

More reasons to mask:

- Sexy and mysterious
- Protect your community (over half of COVID spread is from people without symptoms!)
- Reduce risk of ALL types of airborne illnesses
- Resist attempts to stigmatize mask-wearing
- Visual reminder that COVID is still a problem and we deserve BETTER!
(free tests & treatment, sick pay, better ventilation standards, etc.)

Get an updated COVID vaccine

SARS-CoV-2 keeps mutating into new variants that evade immunity from previous infections or vaccinations.

That's why it's important to get the **LATEST VAX** (updated Fall 2023) which is designed to cover more recent variants!



Get an updated vax now, and your immunity will peak in a few weeks!

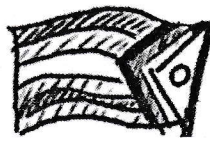
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vaccinefinder.nyc.gov

Take it outside

COVID is mainly transmitted by respiratory aerosols—the breath fog that you can see on a cold day.

The more airflow to disperse the virus, the better!

Transmission is still possible outdoors, especially in crowds, but it's generally much safer!



Stay home if you're
feeling sick or have
been COVID-exposed

Rapid tests give a lot
of false negatives.

Regardless of what it
is, you'll recover faster
and NOT PASS IT ON
if you stay home.

Rest is VERY IMPORTANT
if you have COVID, because
exerting yourself may increase
your risk of developing
Long COVID.

← unfold for more
resources!